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Abstract of the Disclosure

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A hockey goalie-training device for teaching a goalie to keep his arms from moving behind or away from his body is provided. A garment has an arm-restricting bar removeably attached to the garment. The device teaches the goalie to keep his hands and arms positioned such that shots cannot be completed by passing a puck between his body and his arms to score a goal. The device also trains the goalie to keep his hands positioned properly on certain movements and saves such that shots cannot pass easily by the goalie, due to proper hand position. The bar is attached to a bar holding block on the garment placed in a desired location on the goalies chest. Belts or straps over the goalies shoulders or around the goalies' waist can aid in holding the bar in place. The garment can be a jersey or a padded protective suit.

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